



NEWSLETTER
JULY
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Quality Care Choices (QCC)

Beginning January 1, 2010, Health Care & Benefits started offering the Quality Care Choices(QCC) program to State of Montana members who fit criteria for the benefit. The QCC program offers focused disease management and case management services by Health Care & Benefits Division nurse case managers and contracted vendors. These professionals work with State plan members, their medical providers and families to provide medically appropriate, effective and cost efficient care for certain conditions. Participants are identified for these programs by meeting one of the following criteria:

- a chronic health care need that may be reduced through participation in one of the disease management program listed;
- a need for wellness promotion or health coaching;
- having significant medical risks; or
- receiving treatment for a catastrophic illness or injury.

The State of Montana health plan offers the following new disease management programs to its participants to assist in managing their care:

Infusion Services Program

The State Plan has partnered with **Walgreens OptionCare** to offer an infusion services program. The locations are Helena, Butte, Bozeman and Billings. This program is available to plan members needing prescription drugs administered by infusion or IV therapy (Synagis, Remicade, Tysabri, Orenicia, Reclast, Boniva, Immune Globulin – IVIG). For more information, contact Walgreens OptionCare at 1-800-449-1256 or Health Care & Benefits at 1-800-287-8266 or visit our website at www.benefits.mt.gov.

Oncology Management Program

The State Plan has partnered with the **Billings Clinic** to offer a pilot oncology/cancer treatment program available to plan members requiring these types of services and live in certain designated geographic areas of Montana. For more information, contact the Billings Clinic at 1-877-537-6421, Health Care & Benefits at 1-800-287-8266, 444-7462 or visit our website at www.benefits.mt.gov.

If you currently seek services as listed above and agree to participate in the Quality Care Choices (QCC) program, you may receive your care for NO out-of-pocket cost, as the plan may waive your co-payment, coinsurance and deductibles.

Healthcare Reform update

HCBD has received a number of calls from retirees and employees asking us about upcoming Healthcare changes from the Federal Government. For 2011, we will be implementing the following changes:

- No more pre-existing condition requirements for dependents less than twenty years of age;
- Dependents may stay on the health plan until their 26th birthday, even if they are married. Only the State employee/retiree's dependent may remain covered.

Please stay informed through our website at www.benefits.mt.gov and future newsletters for the latest information.

Why Work Matters

We work to pay our bills, feed our families, and educate our kids. Tangible benefits of working include the paycheck and the benefits we receive.

Work provides us much more, though, than just a paycheck. A group of physicians in Australia and New Zealand published a paper showing, 1. Work, in general, is good for health and wellbeing; and 2. Long term absence from work... and unemployment have... a negative impact on health and wellbeing.¹

Health impacts related to work disability include increased rates of mortality, higher incidence of cardiovascular disease, higher rates of lung cancer, poorer mental health, more sleep complaints, and higher rates of hospital admission.

Social impacts can be far reaching. 'Families, including the children of parents out of work, have decreased educational opportunities and reduced long term employment prospects.'¹ They can lose their social identity and status.

'The costs for the community are enormous, estimated to be many billions of dollars. The costs are born by employees, employers, and the...community.'¹

Some injuries or illnesses *will* prevent return to work for medical reasons. Our goal in the WCMB is to minimize these instances as much as possible.

Sure, we as taxpayers can save money in workers' compensation if we get our employees back to work as soon as medically appropriate. More importantly, though, helping people return to work is the right thing to do for each other.

The Royal Australasian College of Physicians Information Sheet: Realizing the Health Benefits of Work

Quit Now! You Have a Tobacco Cessation Benefit

People have all kinds of reasons to smoke: enjoyment, stress relief, weight control, peer pressure, etc.... Smokers may have different reasons for lighting up, but they all have one thing in common: **they should quit**. Knowing why you smoke may be the first step in that direction.

Once you have made the decision to quit, your next step is to enroll in the State of Montana Tobacco Cessation Program. This program has been designed to assist employees who are ready to quit using tobacco. Studies have shown the highest rate of success is achieved through a combination of counseling and use of a tobacco cessation medication.

The Tobacco Cessation Program helps defray the costs of tobacco cessation-related health care costs and prescriptions. **This is a once-in-a-lifetime, one year benefit. Be sure you are ready to quit for good.** For details visit: <http://benefits.mt.gov/tobaccocessation.mcpx> or call our office at (800) 287-8266.

Annual Change

It's NEVER too early to be thinking about **Annual Change**! HCBD is preparing for the fall Annual Change process. In light of all agencies being asked to consider cost-cutting opportunities, HCBD is looking to go as paperless as possible for the upcoming benefit year. In addition, our staff will not be traveling to outlying areas for presentations. We have many exciting options available to ensure our members have access to the annual change materials. Please watch our website, www.benefits.mt.gov as well as upcoming newsletters to stay informed!



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